AN OVERVIEW OF THE NAVY'S SUICIDE PREVENTION PROGRAM

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Mission First... Sailors Always

OVERVIEW

- NAVY SUICIDE PREVENTION
  - POLICY
  - TRAINING
  - RESEARCH
- FUTURE

NAVY SUICIDE PREVENTION HISTORY

- In 1996 all services initiated suicide prevention programs following suicide rates that had reached record highs in 1995.
- Suicide prevention was viewed as a troop readiness concern and hence placed at Navy Personnel Command.
- The cornerstones of suicide prevention are: Leadership, Policy, and Education.

SUICIDE PREVENTION POLICY

- 10 POINT PROGRAM (OPNAV 1720.4)
  - SUICIDE PREVENTION IS DONE ANNUALLY
  - SUICIDE PREVENTION COORDINATOR
  - SENIOR LEARSHIP MESSAGE
  - COMMAND LEVEL PLAN
    - » MEMBER RESPONSIBILITES
    - » ACESS TO CARE
    - » LIFE SKILLS
  - COMMUNITY PLAN
  - FAMILY ASSISTANCE
  - POST SUICIDE SURVEILLANCE

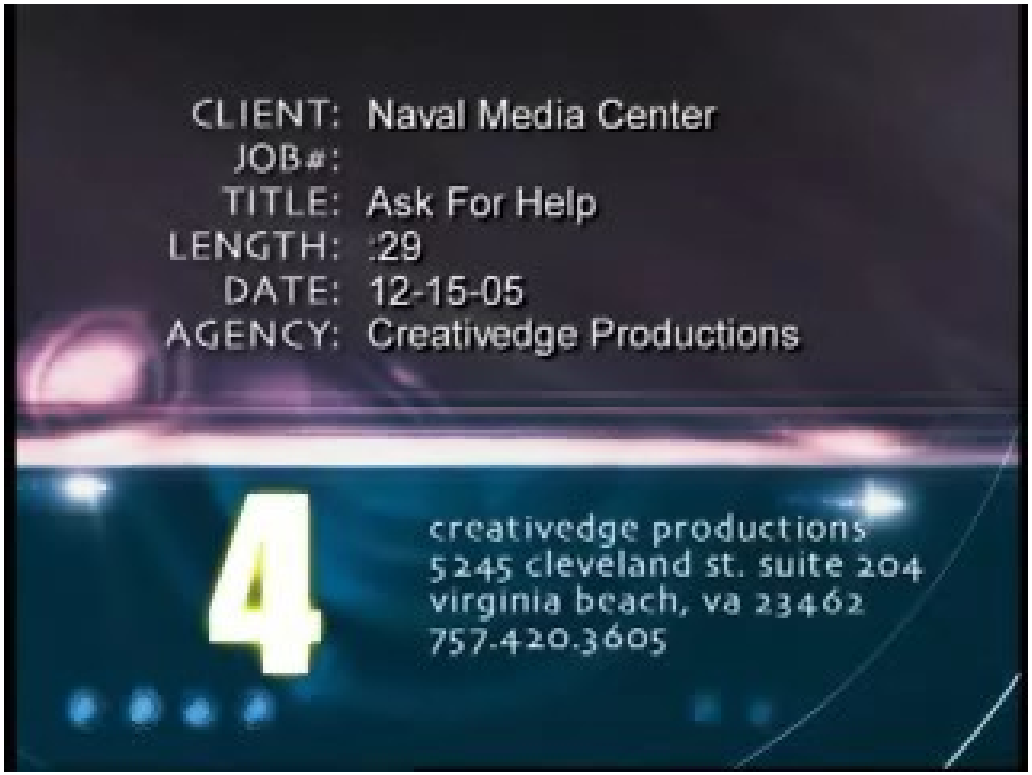
TRAINING ASSUMPTIONS

- Suicide is a military problem
- Suicides are preventable
- Effective prevention is integrated and multidisciplinary
- Suicide prevention is a command effort
- Leadership is the key
  - to destigmatizing getting help early
  - to intervening early to avoid escalation

TRAINING

- **NAVY OFFICALLY SUPPORTS TRAINING**
- **The Navy DOES NOT SUPPORT or OFFICALLY ENDORSE one form of training over another**
  - **GENERAL MILITARY TRAINING – a Navy Product**
  - **ASIST TRAINING – a Living Works Product**
  - **QPR TRAINING – QPR Institute**
    - **No research to support one form of training better than the other**

PUBLIC SERVICE ANNOUNCEMENT (PSA)



Suicide Prevention

Suicide affects everyone

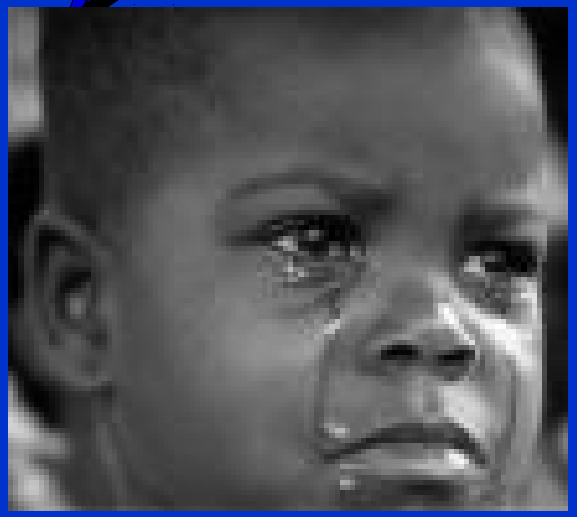
Substance abuse
is connected to suicide

Mike Von Erich
took his own life
April 17, 1989

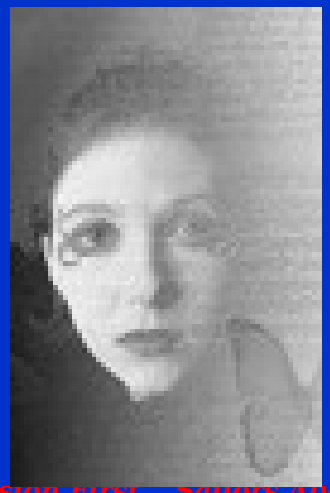
Chris Von Erich
took his own life
September 12, 1991

Kerry Von Erich
took his own life
February 18, 1993

734,000

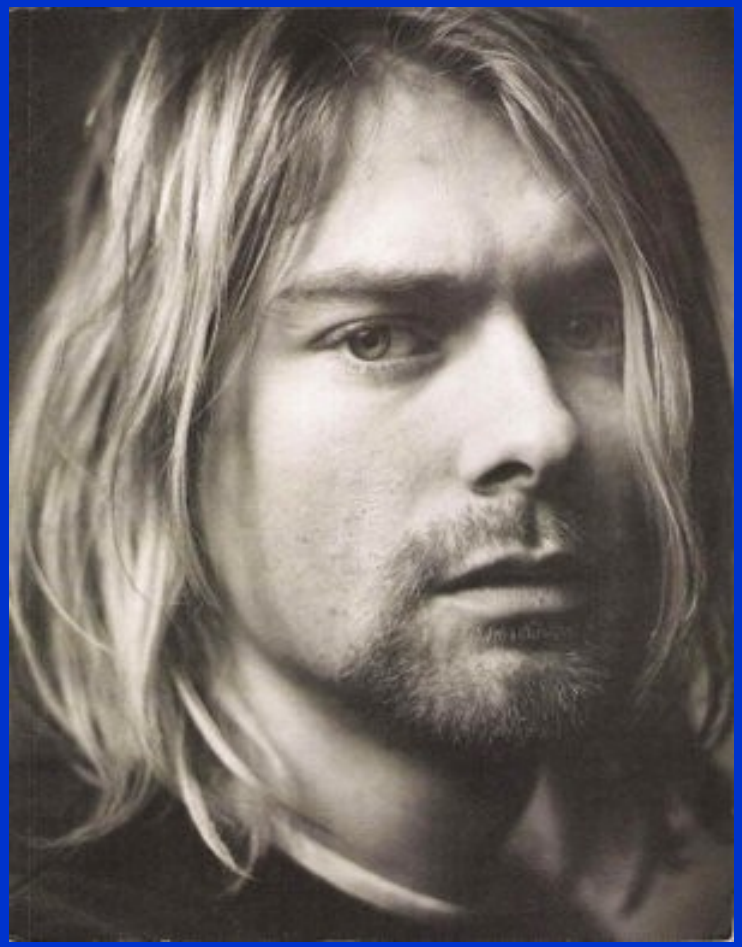


attempts every year



Firearms

are used 57% of the time



Singer

Kurt Cobain

took his own life

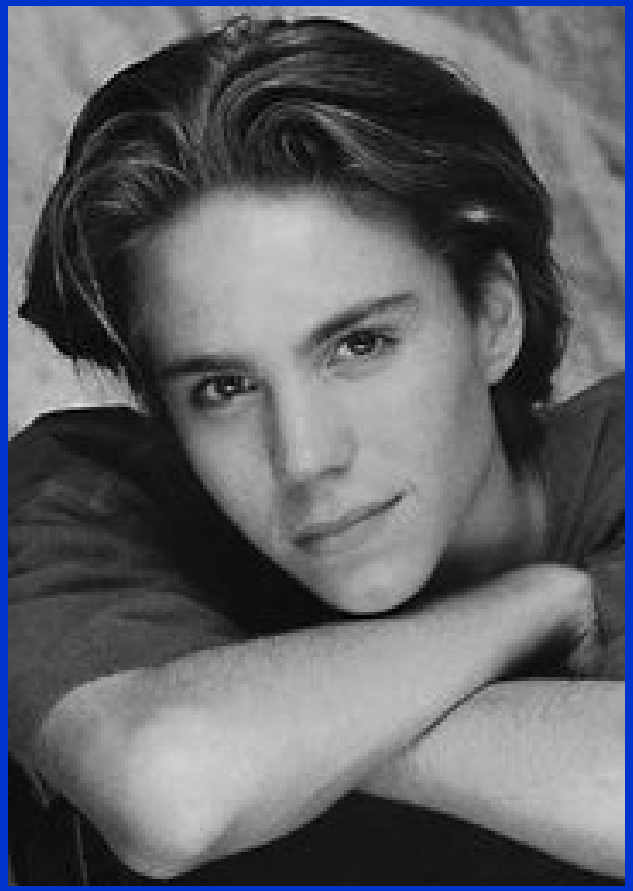
April 8, 1994

A person takes their own life

every 18 minutes

3rd leading cause of death

for teens and young adults



Actor

Jonathan Brandis

took his own life

November 11, 2003

Severe chronic stress

Miss India 1997

Model

Nafisa Joseph

took her own life

July 29, 2004

Permanent solution to a temporary problem

Admiral Boorda

took his own life

May 1996

Mission First... Sailors Always

Severe depression

is often connected to suicides

Lonelines
s

and isolation

Actor

Richard Farnsworth

took his own life

October 6, 2000

11th leading cause of death in America

Actress and pop icon

Marilyn Monroe

took her own life

August 5, 1962

intense

emotional state

Loss of hope

Musician

Michael Hutchence

took his own life

November 22, 1997

INXS

Severe illness

Voice actress

Mary Kay Bergman

took her own life

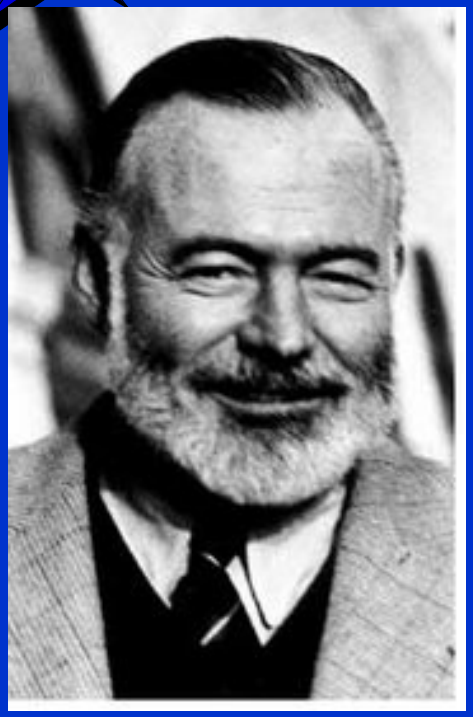
November 11, 1999

South Park, Toy Story 2

Beauty and The Beast

can be a family

problem



Ernest Hemingway

took his own life

July 2, 1961

Margaux Hemingway

took her own life

July 2, 1996

escape

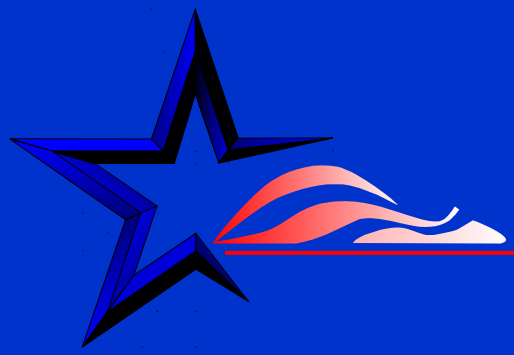
an intolerable situation

Roman Lyashenko

took his own life

July 5, 2003

NHL player for Stars and Rangers



"Life ultimately means taking the responsibility to find the right answer to [life's] problems..."

Viktor E. Frankl

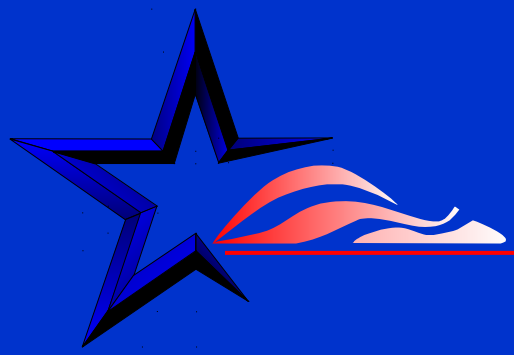
"Our answer must consist not in talk or meditation, but in

right action

and in

right conduct"

Viktor E. Frankl



“Be the change that you want to see in the world.”

Ghandi

Why?

- Intense emotional state (i.e., traumatic event)
- Depressed
- Feeling lonely
- Unable to think clearl
- Overwhelmed with lif
- Alcohol abuse
- Loss of hope

Warning Signs

- Suicidal Statement
- Mood change
- Isolation
- Preoccupation with death
- Excessive spending
- Giving away important possessions
- Buying a weapon

What do we do?

"...If you or one of your shipmates is contemplating suicide please notify SOMEONE immediately..."

Chaplains Office:

NATTC Quarterdeck:

Mental Health Dept:

Fleet and Family Service Center:

SUICIDE PREVENTION TRAINING

- **CREDIT FOR THE FOLLOWING POWERPOINT PRESENTATION GOES TO**
  - **LT Chris Stanfield**
- **Navy encourages different communities to develop their own best practices**
  - **Sub Community**
    - **Charleston Community Model**
    - **Groton Card**
  - **Surface Community**
  - **SEALS Community**
  - **Aviator Community**

SUICIDE TRAINING

- **FOR ANY HEALTH RELATED MESSAGE**
  - **Therapy for a psychiatric conditions**
  - **Suicide Prevention**
  - **Physical Fitness**
  - **Alcohol**
    - » **The IMPORTANT thing is that TRAINING REGULARLY is completed**
    - » **Trainer is MOTIVATED**
      - **Similar to therapy studies comparing DYNAMIC, BEHAVIORAL, EXISTENTIAL therapy**
        - – **Relationship**
        - – **Motivated**

DONSIR

*** SENSITIVE INFORMATION / CLOSE HOLD ***

Department of the Navy
Suicide Incident Report
(DONSIR)

SECNAV 5350/1 (Rev. 12-00)

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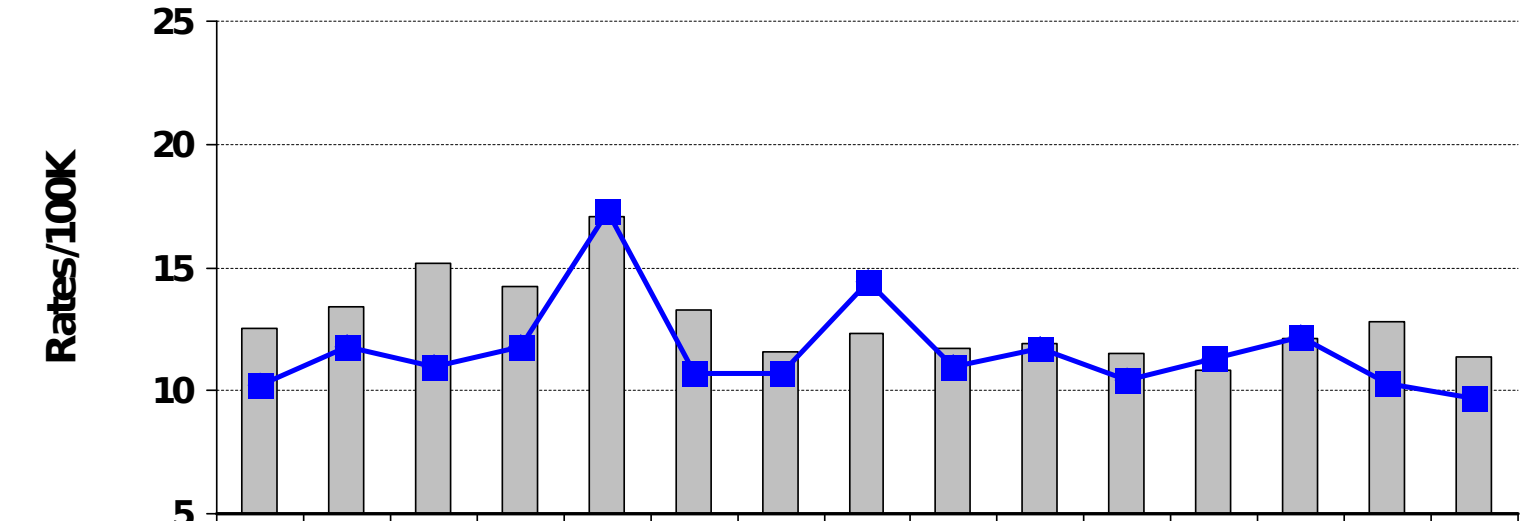
Navy Suicide Rates/100K
(CY-91 to CY-04)



	CY-91	92	93	94	95	96	97	98	99	00	01	02	03	04	05
DoD Avg	12.5	13.4	15.2	14.2	17.1	13.3	11.6	12.3	11.7	11.9	11.5	10.8	12.1	12.8	11.4
Navy rates	10.2	11.8	11.0	11.8	17.3	10.7	10.7	14.4	11	11.7	10.4	11.3	12.2	10.3	9.7

NAVY SUICIDE CHARACTERISTICS

- CONUS 89%
- Occurred while on liberty 67%
- Location was residence 67%
- Method was firearm 54%
- Alcohol factor 33%

COMMON RISK FACTORS

- **Recent Feelings of Depression 40%**
- **History of Psychiatric Condition 32%**
- **Recent Feelings of Anxiety 27%**
- **Recent Feelings of Guilt 26%**
- **Alcohol Abuse in the last year 25%**

COMMON STRESSORS

- **Primary Relationship Problem 53%**
- **Physical Health Problem 35%**
- **Job Dissatisfaction 32%**
- **Poor Performance 31%**
- **Military Legal/ADMIN Problem 27%**

Protective Factors

- Unit cohesion/ camaraderie
- Humor
- Healthy lifestyle promotion
- Effective problem-solving skills
- Positive attitude about getting help
- Optimistic outlook
- Spiritual support
- Beliefs counter to suicide that support self-preservation

INITIATIVES

- **TRAINING**
  - **Develop mid-level & senior level brief on suicide prevention**
  - **Develop 2007 Training Video**
  - **Senior leadership to provide personal message on suicide prevention and awareness prior to suicide prevention training**
  - **Develop different briefs that emphasize various aspects of suicide prevention & Update NPC website**
  - **Encourage great involvement of Chaplains & Chiefs; Junior Officers**
- **POLICY**
  - **Develop Suicide Prevention Instruction (OPNAV 1720.4)**
- **RESEARCH**
  - **Develop consistent mechanism to calculate suicide rate, in agreement with the other services, so the leadership can accurately compare service suicide rates**
  - **Develop DOD form (to replace the DONSIR) that would enhance similarity of data collected across the services**

DESIRED OUTCOMES

- **Reduction in the number of Navy completed suicides**
- **Promote awareness of at-risk behaviors**
- **Promote the Navy culture of shipmates taking care of shipmates (similar to the buddy system used by the Fleet for liberty calls)**

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This is an Official US Navy Website

Our mission is to support the needs of the Navy by providing the Fleet with the right person in the right place at the right time. We strive to satisfy our Sailors' personal goals and improve their quality of life; we will provide them with meaningful and rewarding career opportunities, promote and retain the best, and ensure fair and equitable treatment of all hands, by all hands, at all times.

LATEST NEWS

JCMS Update - 02/03/2006
All Team Detailing functionality, including Duty Preference Forms, have been migrated into the JASS Career Management System (JCMS). Sailors are encouraged to log into JCMS to complete or update their preferences and personal contact information. ...

Command Fitness Leaders Tackle Navy's Culture of Fitness - 01/09/2006
MILLINGTON, Tenn. (NNS) -- The Navy continued on course toward a wellness-oriented culture with the new Physical Readiness Program, as more than 70 Command Fitness Leaders, or CFLs arrived aboard Naval Support Activity Mid-South in Dec. for the CFL course.

JFK Surpasses Fleet Retention Goals for Fourth Quarter - 01/09/2006

IMPORTANT ANNOUNCEMENTS

New Messages
052/06 FLAG-LEVEL JOINT FORCE MARITIME COMPONENT COMMANDER COURSE
051/06 NAVY EQUAL OPPORTUNITY ADVISOR AND DIVERSITY TRAINING SYMPOSIUM
050/06 FY07 ACTIVE DUTY LDO AND CWO SELECTION BOARD RESULTS

Customer Service Center
1-866-U-ASK-NPC
1-866-827-5672
DSN 882-5672
Email: CSCMailbox@navy.mil
Customer Service Website

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- Community Support Program Policies
- Corrections and Programs
- Distribution Management
- Diversity
- Exceptional Family Member
- Family Support/ Relocation Assistance
- Field Support
- ITEMPO
- NADAP
- Navy Band Mid-South
- Navy Music
- Navy World-Wide Locator
- NMCMPS
- Physical Readiness
- Retired Activities
- Suicide Prevention
- US Navy Uniforms

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TANT ANNOUNCEMENTS

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FLAG-LEVEL JOINT FORCE
COMPONENT COMMANDER
NAVY EQUAL OPPORTUNITY
ND DIVERSITY TRAINING
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FY07 ACTIVE DUTY LDO
SELECTION BOARD

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Service Center
ASK-NPC
1-866-827-5672
DSN 882-5672
Email: CSCMailbox@navy.mil
Customer Service Website

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http://www.npc.navy.mil/CommandSupport/SuicidePrevention/

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EMPO
ADAP
avy Band Mid-South
avy Music
vy World-Wide Locator
MCMPS
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uicide Prevention
Instructions
Leader's Guide
Outreach & Help
Real Men, Real Depression
Stress Management
Suicide Prevention Links &

Home > Support & Services > Suicide Prevention

Navy Suicide Prevention Program

Printer Friendly

The Navy's suicide prevention program and stress management materials are coordinated in **PERS-67D**, at Navy Personnel Command, in Millington, Tennessee.

Suicide is a tragic reality in our society and more specifically in the Navy. While the rate of suicides in the Navy is well below the national average, the loss of a shipmate or friend to suicide is a very painful, unnecessary, and preventable loss. Nationally, over 30,000 people commit suicide each year. The U.S. Surgeon General has called suicide a serious public health threat to our nation. In his **Call to Action Report**, he pushed for the development of strategies to prevent suicide and the suffering that it causes. In response, the Navy and Marine Corps joined forces to develop a plan to better address suicide prevention efforts.

In the United States, suicide ranks among the top ten causes of death across all ages. Since the military is a reflection of society, suicide also affects the Navy. For ten years, suicide has been either the second- or third-leading cause of death among active-duty Sailors.

With suicide rates as high as they are, you or someone you know is likely to be affected either directly or indirectly by this serious act. It could be a shipmate, friend, family member, coworker, or just someone you knew in passing.

Please look around the different links of the website. This website is designed to provide information on **Navy Policy**, **Navy Training**, and **research** in the area of **suicide prevention** training. Information on pre-deployment stress management materials is also provided.

Questions can be directed to:

Internet
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Go Links

The United States Navy Leader's Guide for Managing Personnel in Distress

NAVY Leader's Guide

TE MANAGEMENT
- Glossary
- Site Recognition

EADERS
- Life Challenges For Leaders

EPLOYMENT
- Pre-Deployment Concerns
- Deployment Concerns
- Combat and Operational Stress Reactions
- Post Deployment Concerns

EDICAL
- Medical Treatment Problems
- Limited Duty/Medical Boards

Purpose of the Navy Leader's Guide

The purpose of the Navy Leader's Guide for Managing Personnel in Distress is to help Leaders at all levels (Commanding Officers, Command Master Chiefs, Department Heads, Division Officers, Chiefs) recognize distress related behaviors, provide support to Sailors within the unit, and collaborate with helping agencies to meet the needs of individuals in distress. The guide aims to assist leaders in the decision-making process by describing a broad range of supportive interventions, resources, and strategies for supporting Sailors in distress. It also provides guidance on effective communications with Navy helping personnel.

The Guide is focused on assisting Leaders employ awareness and intervention strategies ***before*** a Sailor has reached the threshold of debilitating distress, as indicated by emotional difficulties, alcohol or substance abuse, violence or behaviorally linked accidents. It provides guidance to leaders on giving emotional and material support to individuals across the continuum of distress, from a healthy and prevention status, to severe distress.

Helping Sailors in Distress

When Sailors encounter life stressors, they are often able to cope by gathering support from friends, family, and coworkers. Leaders, however, are in a unique position to support personnel experiencing difficulties through personal interactions, unit policies, and coordination with base helping agencies. It is important to initiate support at the point when people are first experiencing mild or moderate levels of distress. This is preferable to waiting until they are in crisis.

Leadership Involvement is a Team Process

Commanding Officers, Command Master Chiefs, and Supervisors are key members of any prevention effort. Each has a tremendous opportunity to provide interventions early when non-medical interventions can have the greatest positive outcome for the Sailor and the unit. Good communication between leaders, helping

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Leader's Guide - Microsoft...
Microsoft PowerPoint - [N...
Navy Leader's Guide f...
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Partners in Suicide Prevention

- **DON collaboration (policy development, research, training and funding)**
  - Navy Personnel Command
  - Headquarters Marine Corps
  - Bureau of Medicine and Surgery
  - Naval Health Research Center
  - Naval Environmental Health Center
  - Naval Education and Training
  - Naval Safety Center
  - Navy Fleet and Family Support Centers
  - Navy Health Promotion Centers
  - Chaplains
  - Medical Treatment Facilities

QUESTIONS?

BACK-UP SLIDES

RESEARCH
SUICIDE INCIDENT REPORT

- **Complete psycho-social report on all USN & USMC Suicides since January 1999**
  - **Modeled on psychological autopsy**
  - **540 data fields**

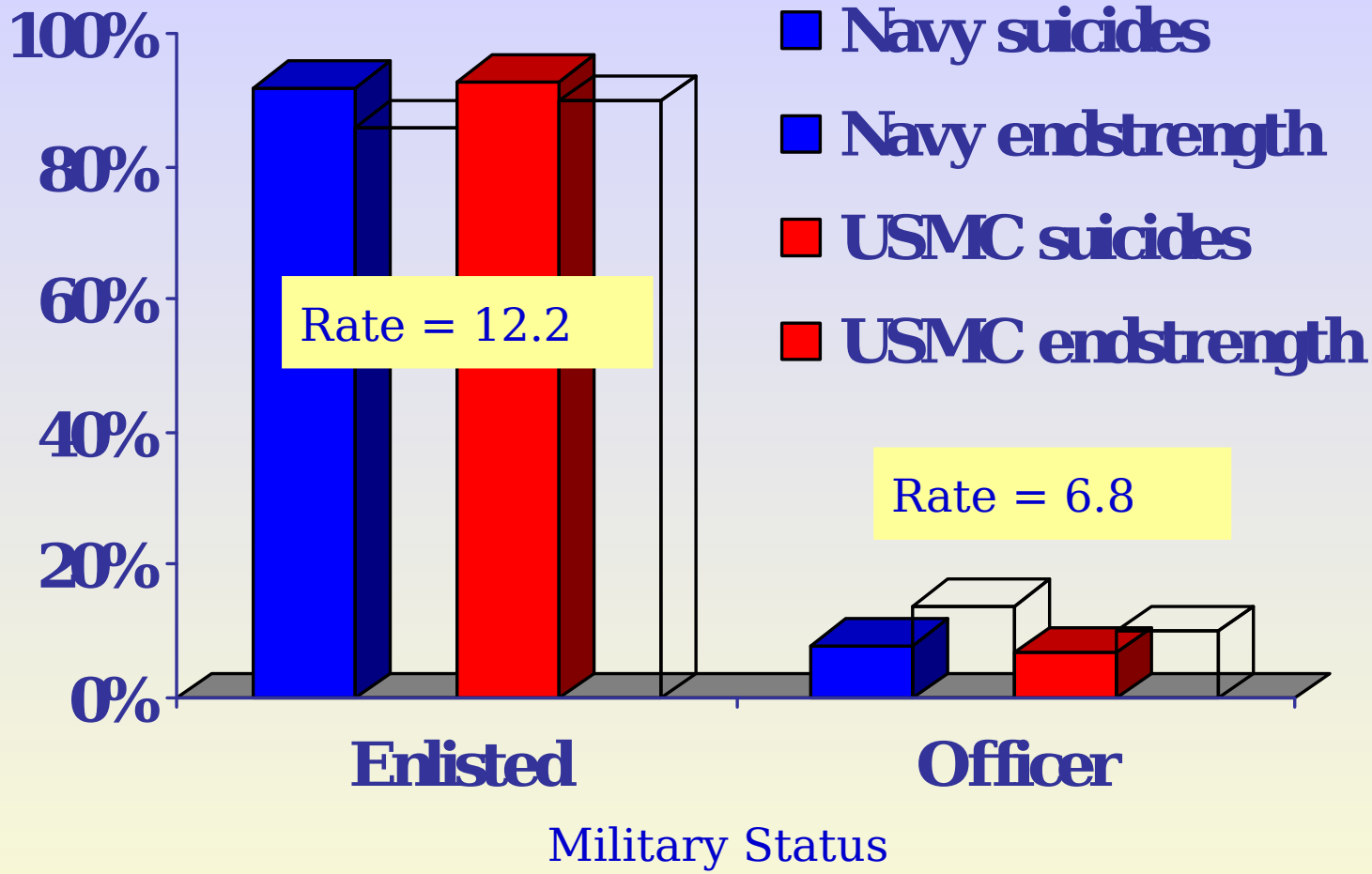
PRIMARY DATA SOURCES

- Report of Casualty (DD-1300)
- Personnel Casualty Report (message)
- Toxicology &/or investigative reports
- Decedent's medical and service records
- Decedent’s supervisors, co-workers, and Casualty Assistance Officer

SUPPLEMENTARY DATA SOURCES

- Autopsy Report
- Ballistics Report
- NCIS Report
- CHCS Medical Appointments List
- FAP Appointments
- Suicide Note
- Financial (dept) records
- Other – Police, SACC, FSC

SUICIDE RATES



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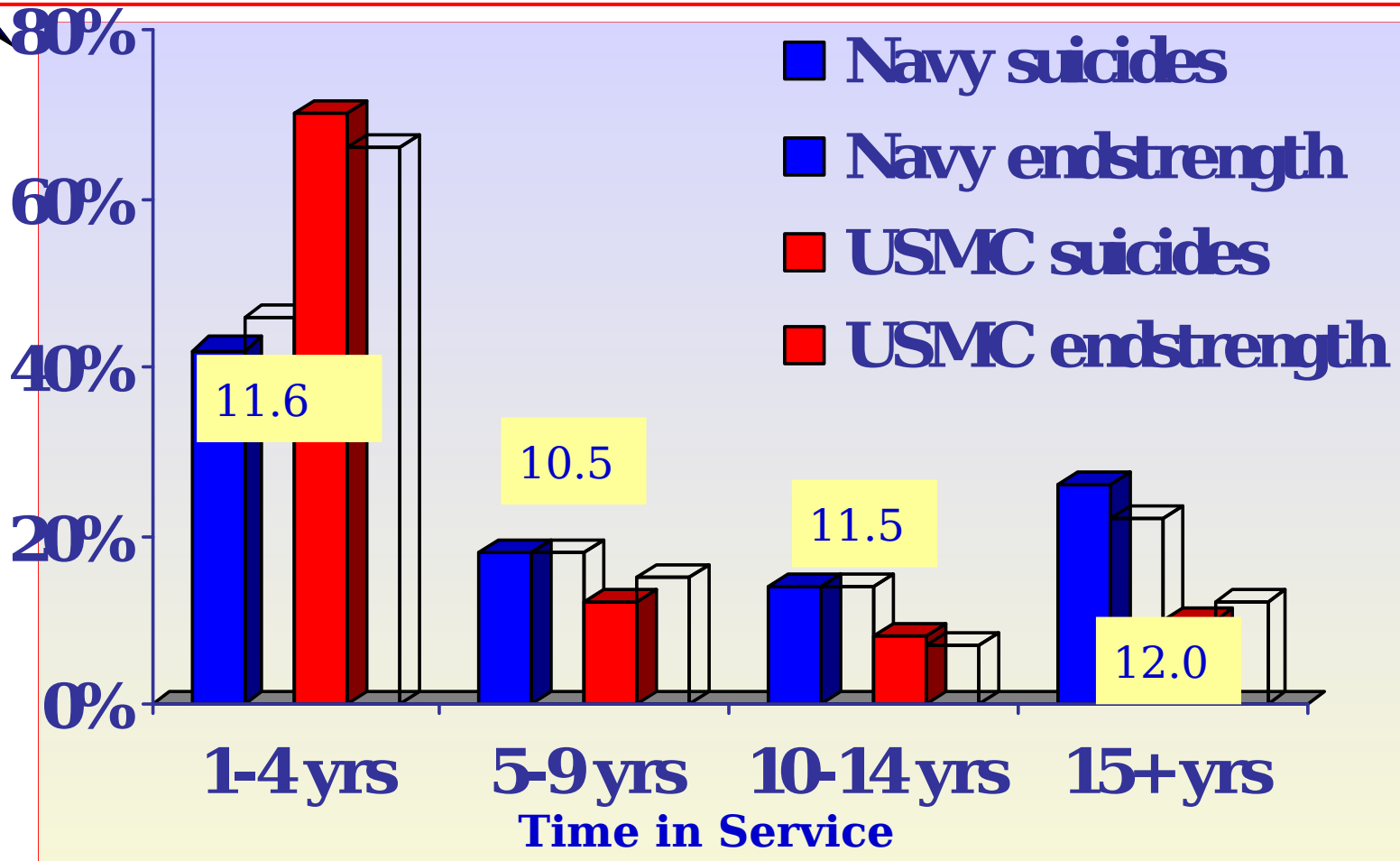
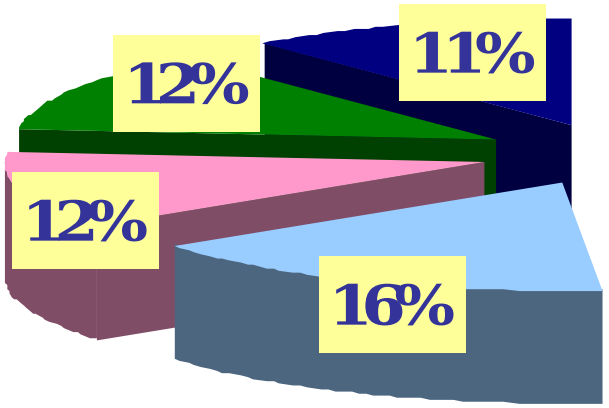
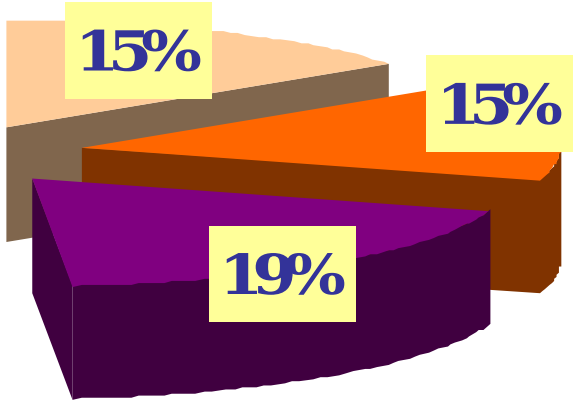


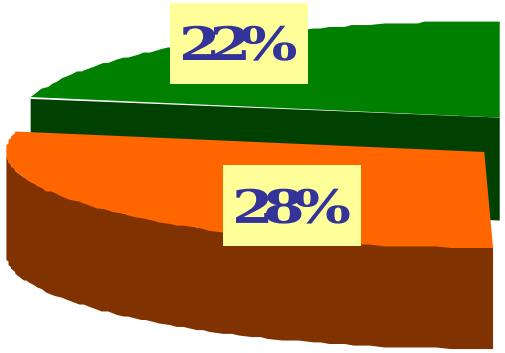
SUICIDE EVENTS: DAY & SEASON

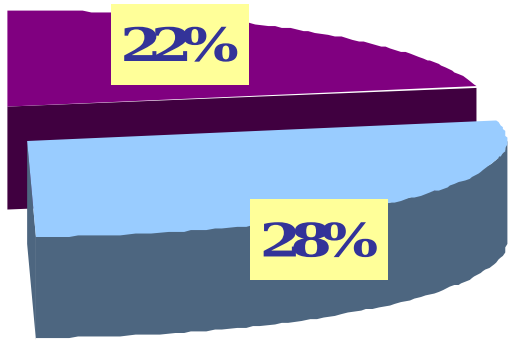




Day of Week

Sat. Sun. Mon. Tue.
Wed. Thu. Fri.



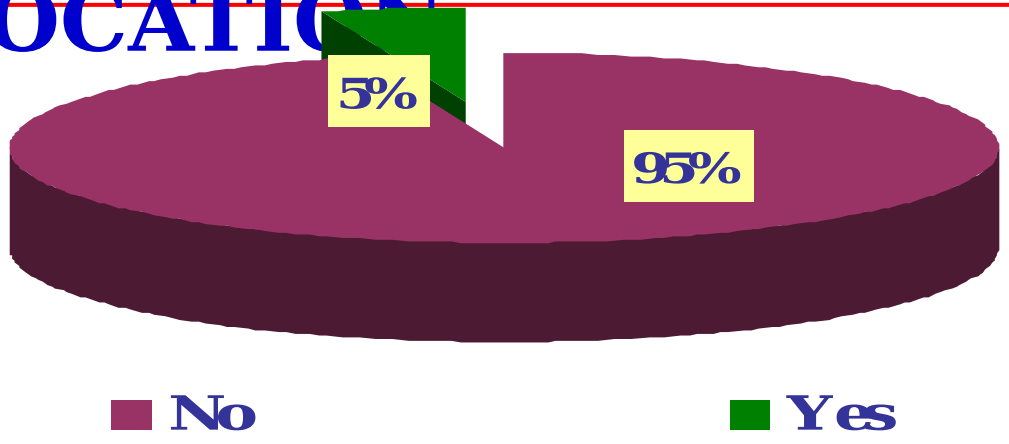


Season

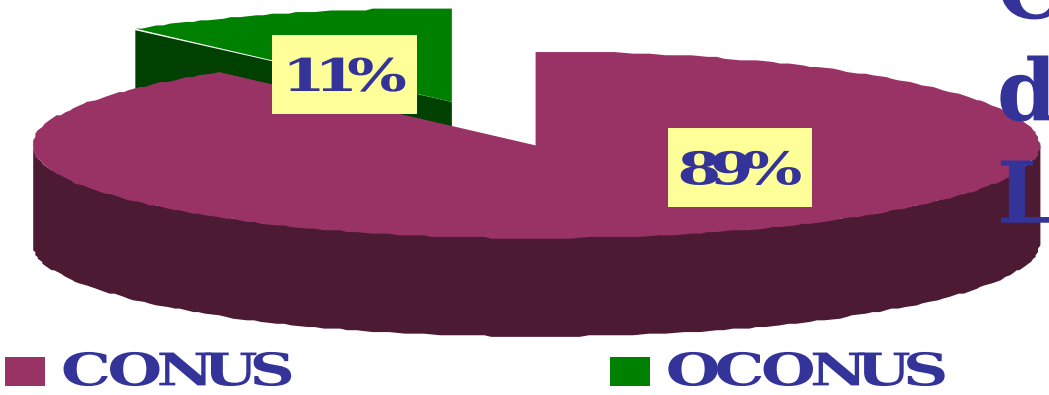
Spring Summer Autumn Winter

SUICIDE EVENTS: DEPLOYED AND COMMAND LOCATION

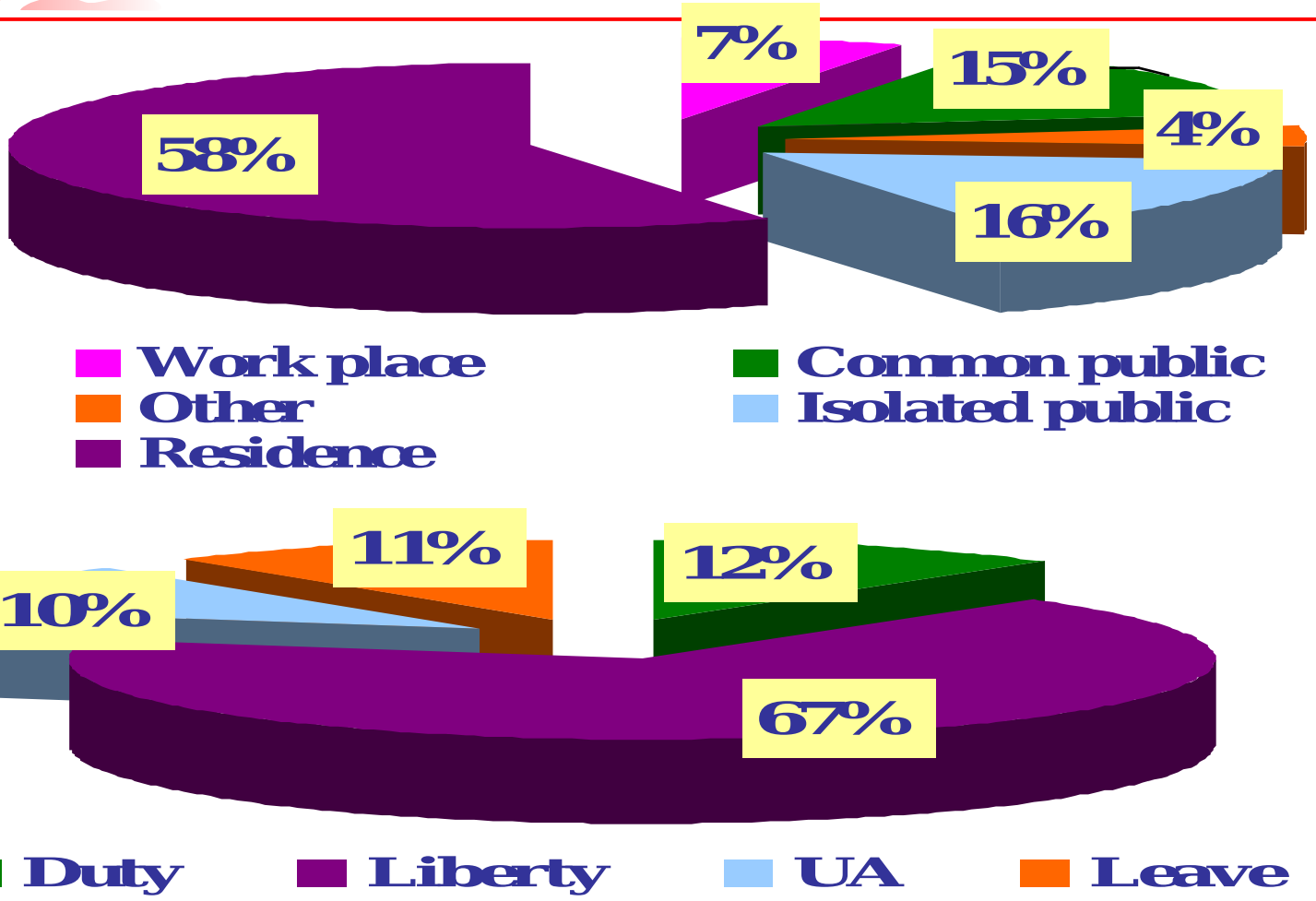
Deployed



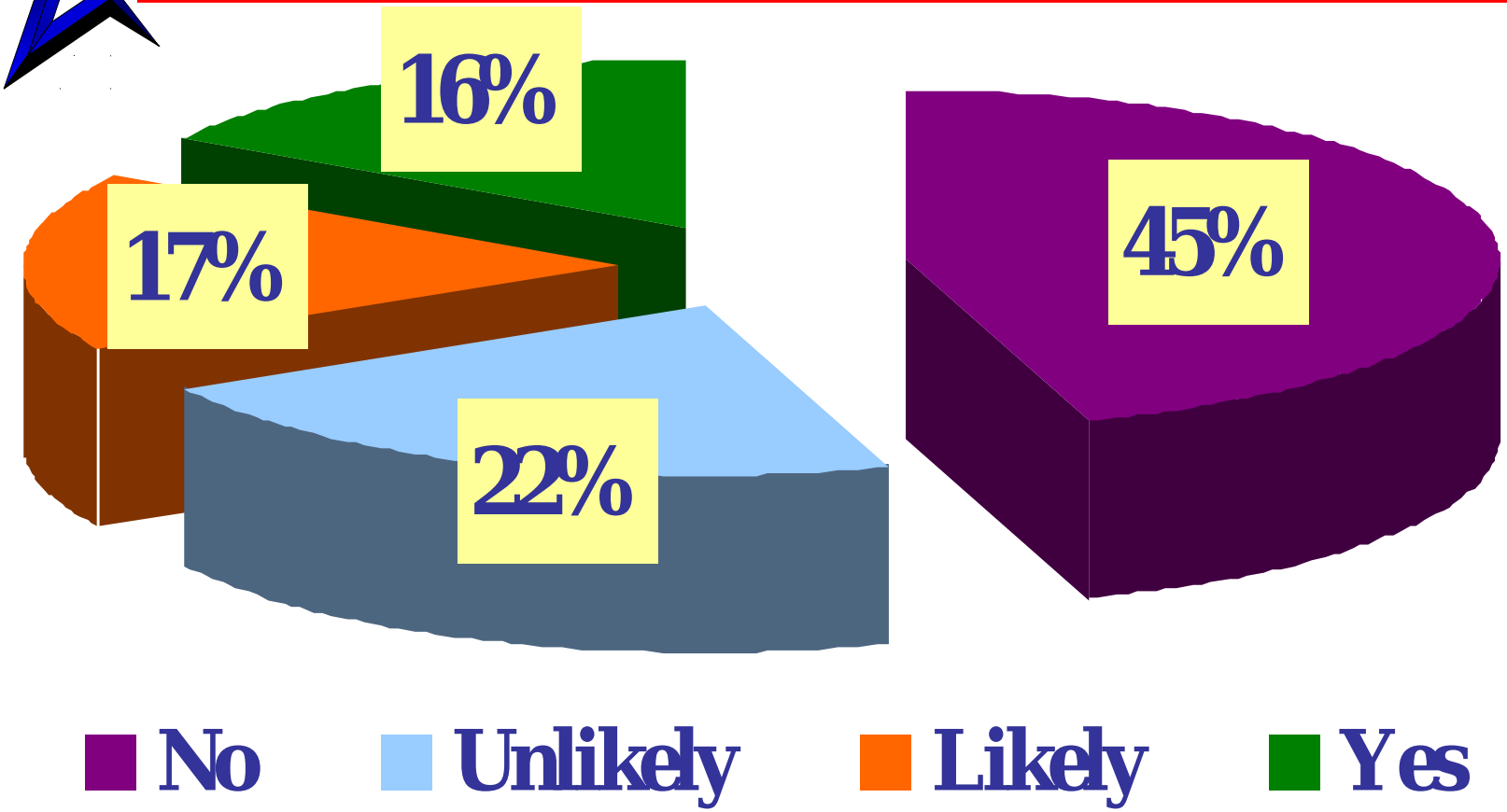
Command Location



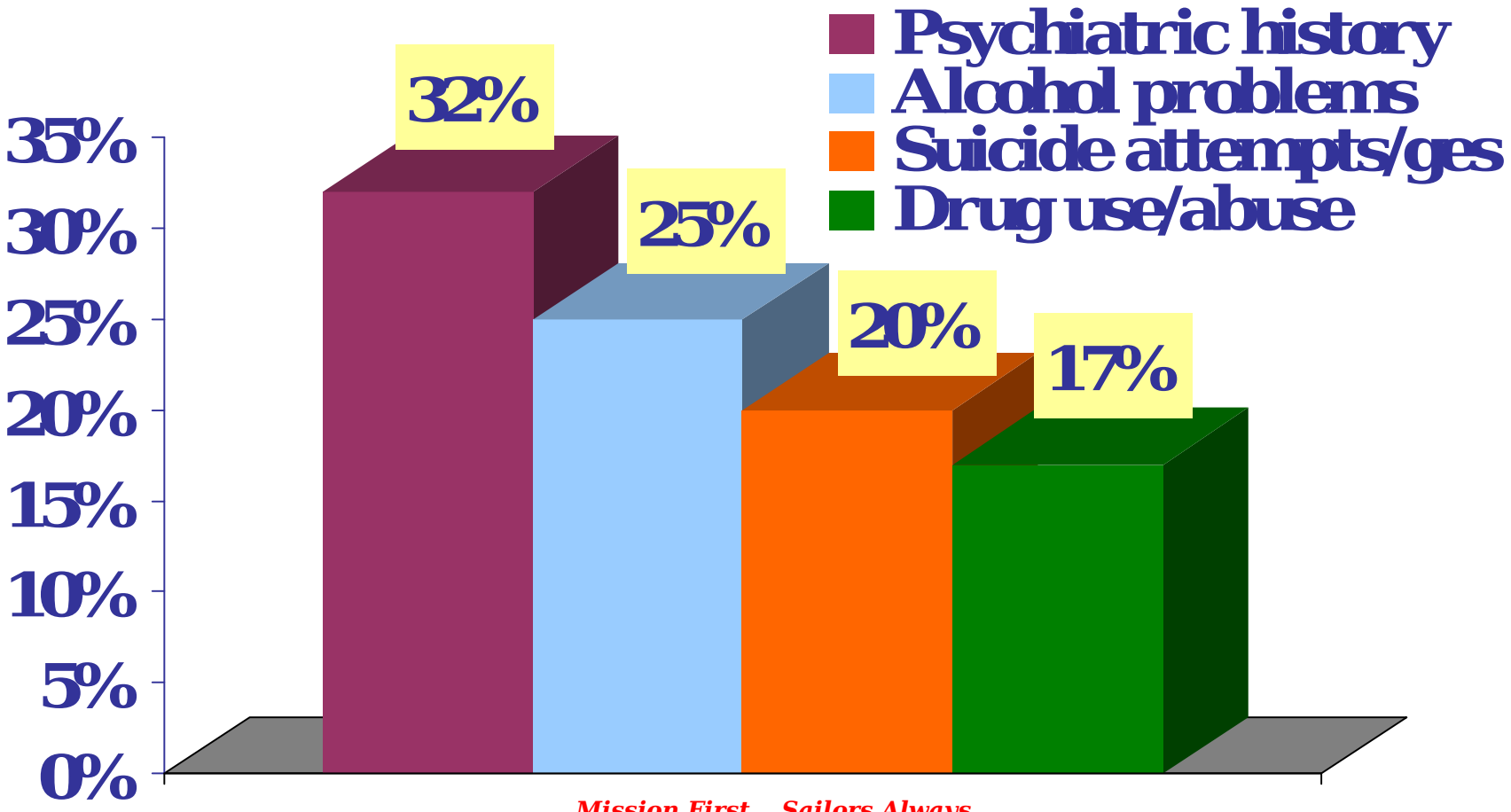
SUICIDE EVENTS: LOCATION & DUTY STATUS



SUICIDE EVENT: ALCOHOL USE



RISK FACTORS



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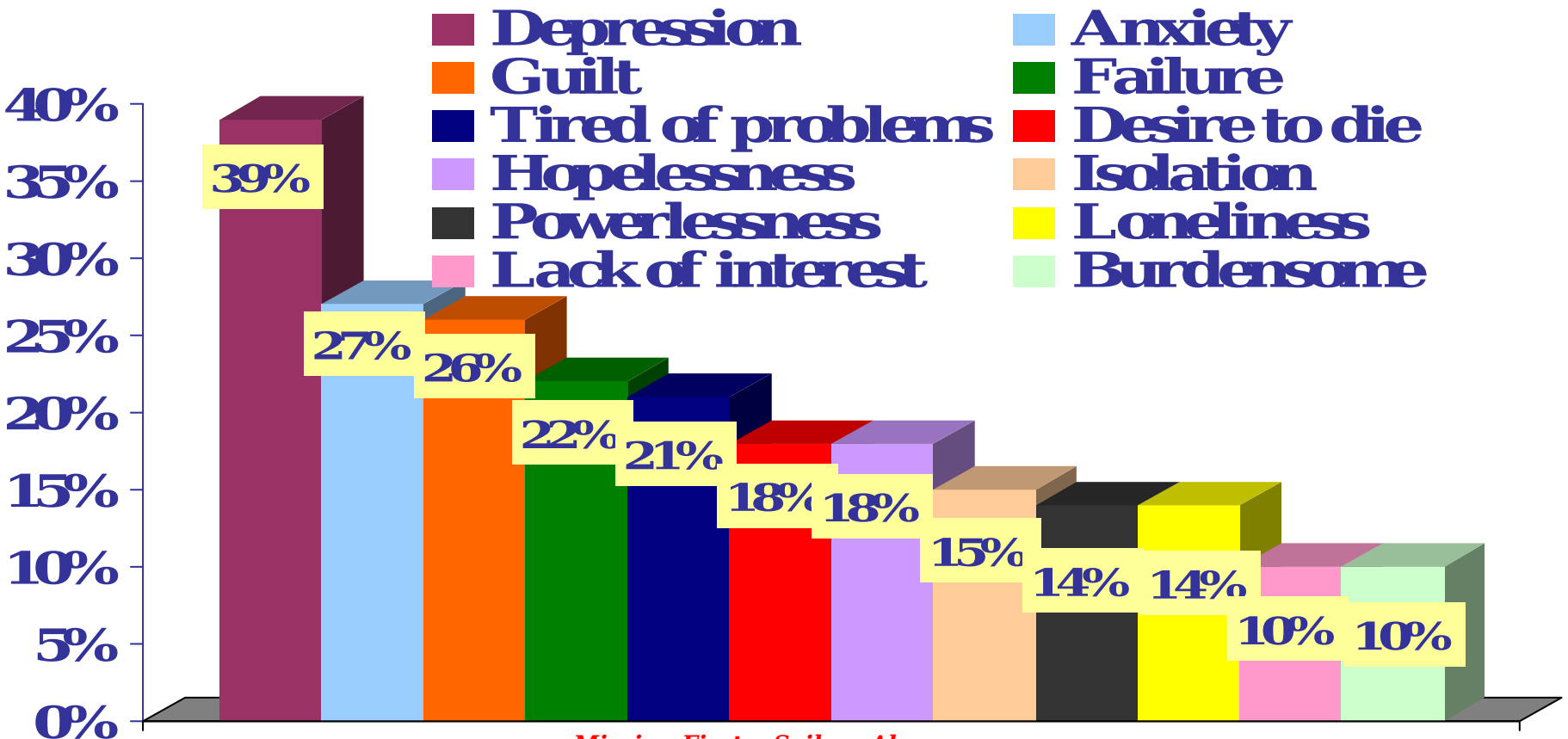
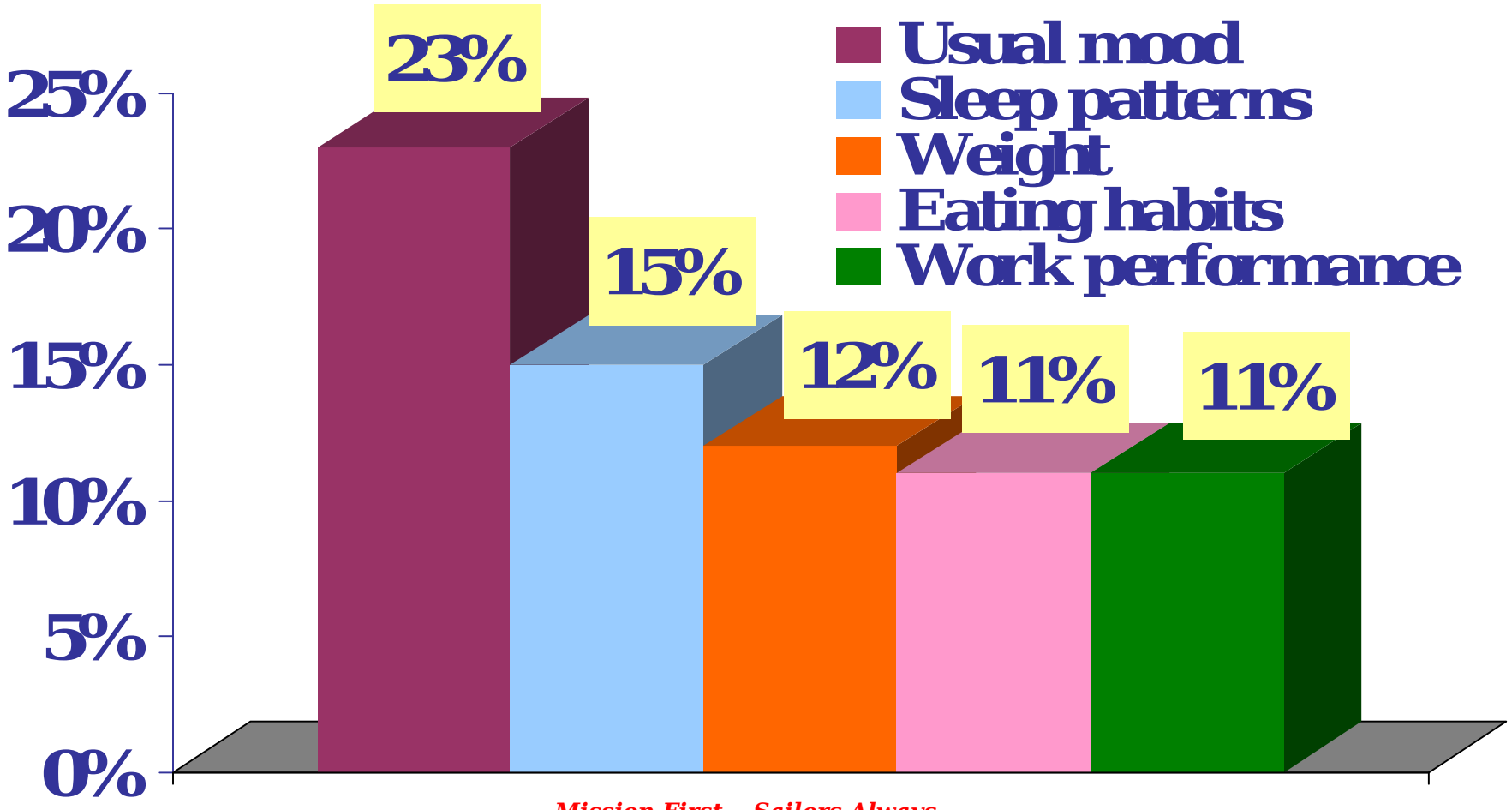


RISK FACTORS



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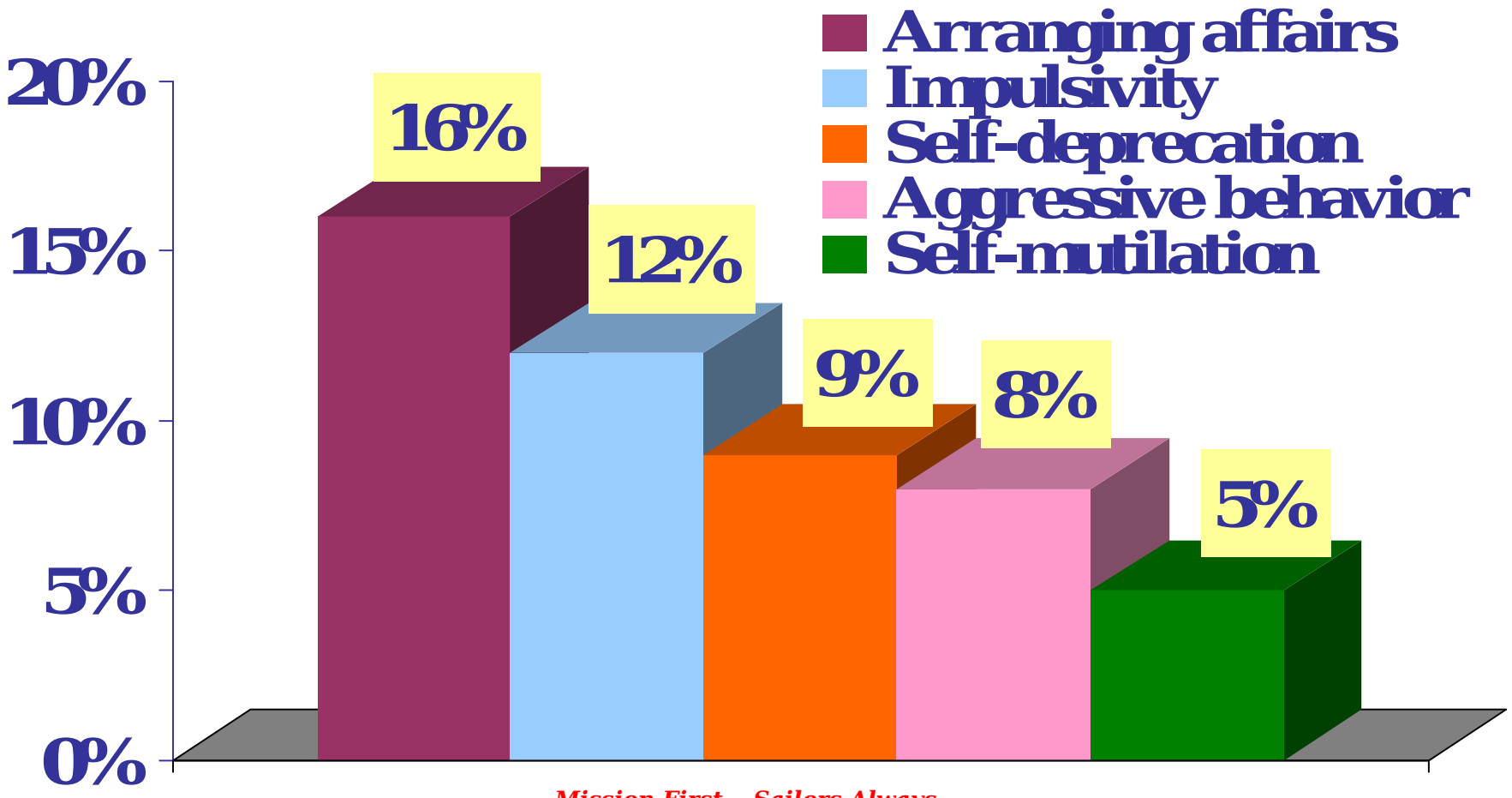
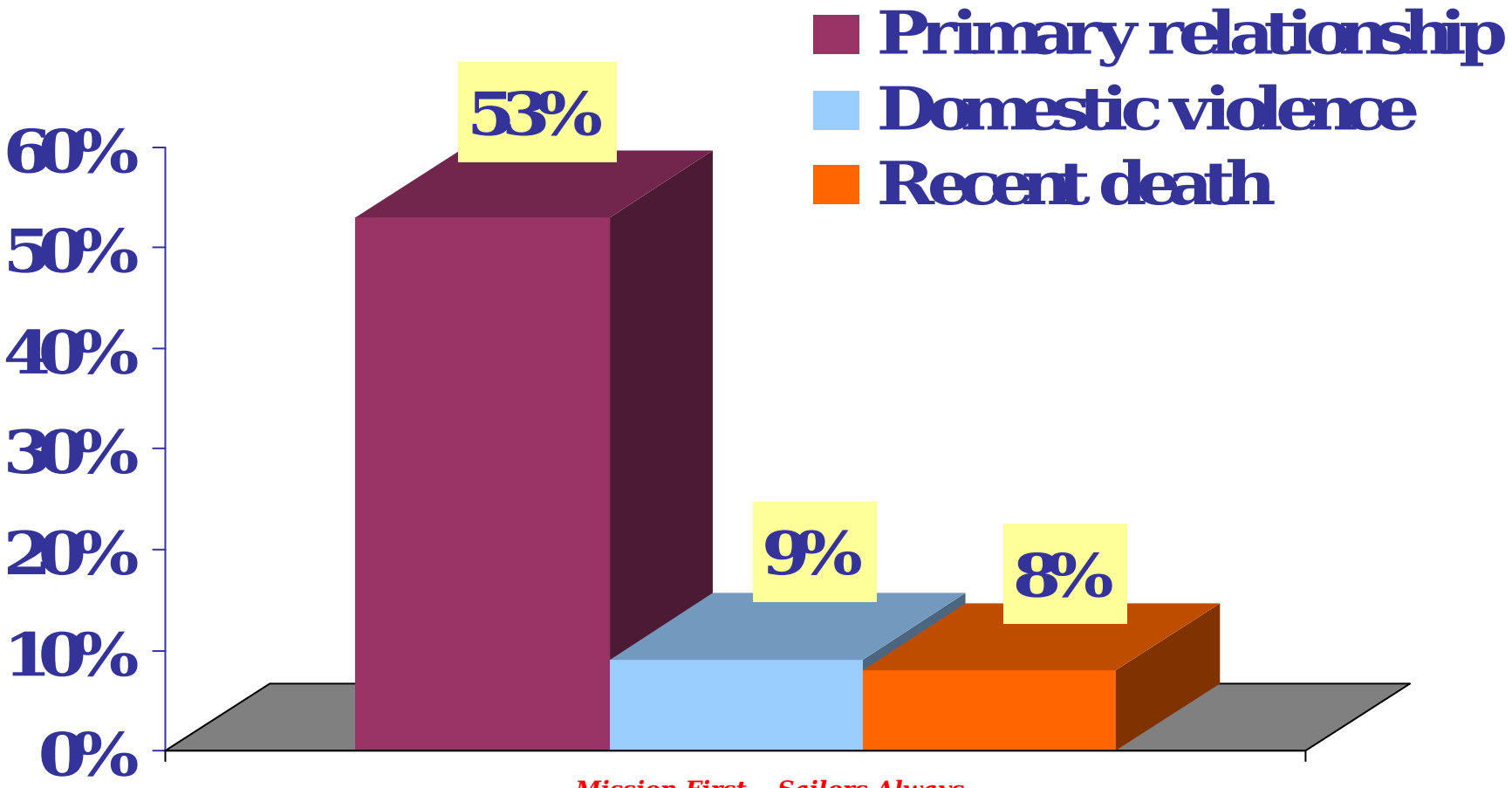


COMMON STRESSORS



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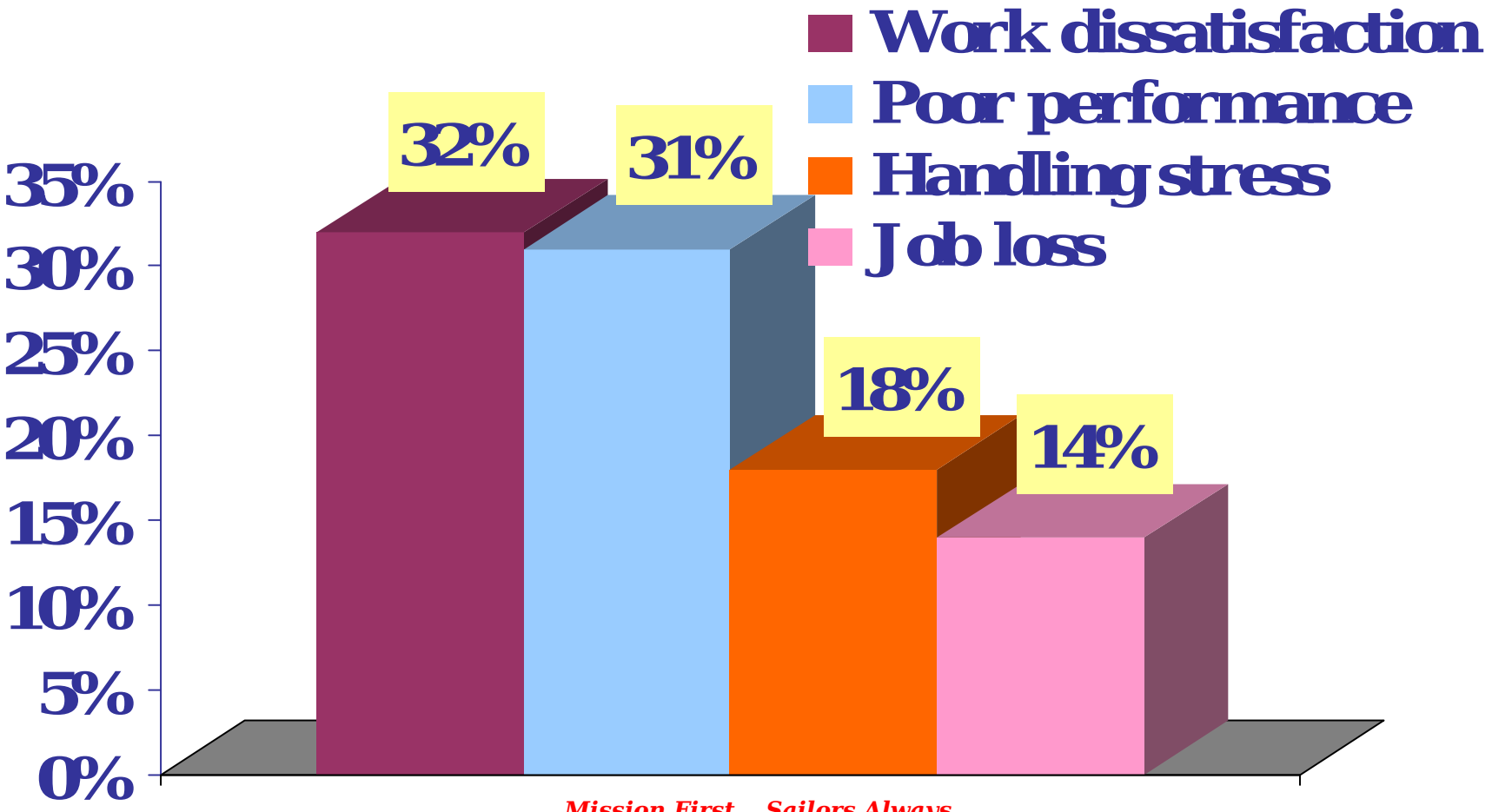

COMMON STRESSORS